



# The National Survey of Children's Health

Overweight and Physical Activity Among Children:  
A Portrait of States and the Nation 2005

## Utah

All statistics are based on parental reports.

National %	State %	
14.8	8.5	Percent of children who are overweight
21.9	17.3	Age 10-11
14.4	5.4	Age 12-14
10.7	5.7	Age 15-17
22.4	7.7	0-99% Federal poverty level
19.0	7.4	100-199% Federal poverty level
13.7	11.2	200-399% Federal poverty level
9.1	6.0	400% Federal poverty level or more
18.1	10.7	Male
11.5	6.2	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	71.7	
78.2	76.3	Age 10-11
74.2	75.9	Age 12-14
63.3	64.1	Age 15-17
76.8	77.7	Male
65.6	65.1	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	63.2	
61.5	69.8	Age 10-11
61.6	63.6	Age 12-14
53.4	58.1	Age 15-17
62.1	70.5	Male
55.0	55.2	Female
72.9	80.7	Percent of children with at least one parent who exercises regularly